



AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

Ostomy Association of the Houston Area

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

New! Your Own Virtual Certified Ostomy Nurse

(courtesy of ostomy.org, January 2024)

Whether it's a colostomy, ileostomy or urostomy, a new ostomate learning to care for their stoma or an existing ostomate grappling with new complications, the journey can be overwhelming. UOAA's Virtual Ostomy Clinic provided by The Wound Company offers support through telehealth visits and ongoing touchpoints via texting and emailing to make sure ostomates have the right supplies for their unique situation and thoroughly understand how to care for their ostomy.



- Assess a person's ostomy in one comprehensive telehealth assessment by Zoom in the beginning of the 30-day period
- Assist ostomates and their caregivers in choosing supplies and recommend pouching options that fit the person's lifestyle and health goals
- Help ostomates and their caregivers prevent and manage skin irritation, rashes, and other complications around the ostomate's stoma.
- Answer ostomy questions from ostomates over email or SMS for the 30-day program.
- Provide personalized education, care, and support throughout the program, including tips on diet, nutrition, hydration and intimacy.

In This Issue

New! Your Own Virtual Certified Ostomy Nurse	1
Meeting Dates/Times	2
Opportunities and Announcements	2
Sugar Land Group Meeting Summary	3
Embracing Ostomy Life Programs	3
Advertising Support	4-9
Sugar Land Meeting Dates 2024	5
WOC Nurse Listing	6
Ostomy Outpatient Clinics	7
Donating Ostomy Supplies?	7
MaryAnne Lewis Retires	7
Membership Information	8
Contact Information	9



- Follow up with one additional comprehensive telehealth assessment during the program when necessary.
- Provide a summary of the assessment and recommendations for ongoing care after each telehealth assessment.

[Learn more about UOAA's Virtual Ostomy Clinic](#)

Ostomies change bodies and lives. People living with an ostomy need personalized suggestions and ongoing support from medical experts who really understand ostomies. In the healthcare system today, too many ostomates do not have the regular access to a certified ostomy nurse they need for a successful health journey. This is why UOAA has partnered with The Wound Company—to bring certified ostomy nurses to ostomates and their caregivers across the United States virtually. **For a one-time direct payment of \$125,** The Wound Company's certified ostomy nurses provide people with personalized support via Zoom, text SMS and email for 30 days—in the privacy of their own home.

[Get Started Here!](#)

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

Central Group

Date: NO MEETING IN FEBRUARY
(next in-person meeting is April 15)
Time: 7:00-8:30 p.m.
Place: In-Person Meeting: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Introduction to Ostomy Friends and Roundtable
Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: NO MEETING IN FEBRUARY
(typically second Monday of the month)
Time: 6:00 p.m.
Place: In Person Meeting: Houston Methodist Baytown Hospital, Baytown, 77521
Contact: Cindy Barefield, BSN, RN-BC, CWOCN, 281-428-3033 cbarefield@houstonmethodist.org

Northwest Group

Date: **Wednesday, February 21, 2024**
(third Wednesday of the month.)
Time: 7:00 p.m.
Place: In-Person Meeting:
Montgomery County South Regional Library,
2101 Lake Robbins Dr., The Woodlands, TX, 77380
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: NO MEETING IN FEBRUARY
(typically second Tuesday of the month)
Time: 12:00 p.m.
Place: In-Person Meeting
Memorial Hermann Greater Heights Hospital,
Medical Plaza 2, Suite 234 (second entrance)
1740 W. 27th St., Houston, TX 77008
Contact: Erika Spence 346-263-9658 (On leave until April.)
Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: **Thursday, February 15, 2024**
Time: 6:00–7:00 p.m.
Place: Virtual Meeting
Program: Presentation about My Ostomy Life App and Coloplast Care. Check your email newsletter for Meeting Link.
Contact: Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC. Oncology Nurse Navigator, 281-274-0188
jburnham@houstonmethodist.org
or Jennifer Cerda, MSN, RN, CWOCN, Nurse Navigator, 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: NO MEETING IN FEBRUARY
Time: To be determined
Place: Virtual Meeting
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com

J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis.

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the *Ostomy Association of the Houston Area* and sent to the Treasurer at the address shown below.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the *Ostomy Association of the Houston Area* and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
Attn: Mike McGinity, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

Sugar Land February Meeting Summary

Dawnette Meredith from Ostomy 101 attended our support group and gave a presentation. She discussed the Ostomy Bear Project and Patient Project from Ostomy 101. The Ostomy Bear Project's purpose is to provide comfort, education, encouragement, and hope to ostomates. The Patient Project's purpose is to improve access to ostomy information, education, and support. Ostomy 101 is a non-profit organization that provides an information hub for ostomates to have accessible information and support worldwide. PowerPoint of presentation emailed to ostomy support group.

The meeting adjourned at 7:10 PM

Our next meeting will be on Thursday, February 15, 2023 from 6:00–7:00 p.m., with a presentation about My Ostomy Life App and Coloplast Care.



We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.



The **United Ostomy Associations of America (UOAA)** can be contacted at: www.ostomy.org or **800-826-0826**

Embracing Ostomy Life Programs Launched in 2024

Embracing Ostomy Life (www.embracingostomylife.org) has been Rolf Benirschke's dream since he had his ostomy surgery in 1979 which almost ended his NFL career. After securing their 501c3 status in the spring, their team has been hard at work laying the groundwork for the two programs expected to launch in early 2024:

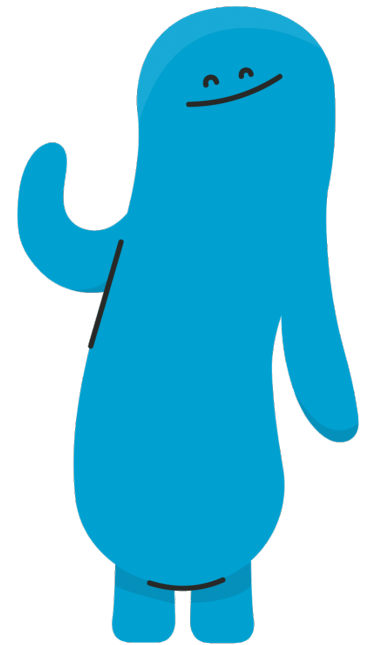
Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and “veteran” ostomates.

Team HOPE (Helping Ostomates through Peer Encouragement) will match volunteers who have completed the UOAA “Ostomy Friends” training course with new ostomates based on factors like gender, type of ostomy, lifestyle, age and other relevant factors.

Here's a sneak peek at a couple videos that will be featured in Alive & Kicking: (click on links below)

[Bitter or Better – Rolf Benirschke](#)

[Your ostomy does not dictate your future – Jearlean Taylor](#)



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OSTOMY SUPPORT GROUP 2024

Join us for a forum providing support, encouragement, education and guidance to patients with ostomies (colostomy, ileostomy, urostomy).

Support group meetings will feature:

- Expert presentations from health care professionals
- Opportunities to share stories and discuss life after ostomy procedures

Who: Any patient with an ostomy, including cancer patients

When:	6-7 p.m.	Jan. 18	April 18	July 18	Oct. 17
		Feb. 15	May 15	Aug. 15	Nov. 21
		March 21	June 20	Sept. 19	Dec. 19

Where: This support group will be conducted virtually.
You will receive the meeting link after registering.

RSVP: Please email Jennifer Cerda, MSN, RN, OCN, at jcerda@houstonmethodist.org or call **346.901.2012**.

Please note, email is not a secure means to communicate personal identification, i.e. Social Security number, date of birth, financial information, etc.



WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist Baytown Hospital
cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com



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Our me+™ program provides ostomy education, resources and support to help you keep your skin healthy.

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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadalena, Ginger; Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
2. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Hitzel-Piontek, RN. The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. *Ostomy Wound Management* 2014;60(12):16-26.
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Ostomy Outpatient Clinics

Memorial Hermann – Greater Heights BY APPOINTMENT

Contact Mary Kinsey, BSN, RN, WOC, WCC, OMS
mkinsey815@gmail.com 832-581-5874

Memorial Hermann – Northeast FRIDAY AFTERNOONS, BY APPOINTMENT

Call 281-540-6322 or fax a referral to 281-540-7107.

Memorial Hermann Rehabilitation Hospital – Katy BY APPOINTMENT

Contact Kim Dewitt, Clinic Manager
kim.dewitt@memorialhermann.org 281-579-5541

Memorial Hermann – The Woodlands BY APPOINTMENT

Contact Stephanie Wilkins 281-602-4830 or fax 281-602-4849



THANK YOU!

After many years, MaryAnne Lewis has retired from Texas Children's Hospital. The OAHA would like to thank her for her years of dedication to our group and to ostomates, especially pediatric ostomates and their families. We wish her much happiness in her retirement.



GET THE LATEST INFORMATION AND INSPIRATION
 AT THE UOAA WEBSITE

<https://www.ostomy.org/news/>

OBTAIN NATIONAL MEMBERSHIP WITH UOAA

<https://www.ostomy.org/membership/>



Donating Ostomy Supplies?

Here are a few options if you would like to donate ostomy supplies. These non-profit organizations are all volunteer run.

Local Community Ostomy Donation Closet 1740 W. 27th St., Suite 234, Houston, Texas, 77008. Open by appointment for donation drop off or pickup Monday through Friday 9:00 a.m. - 3:00 p.m. Please call or text Erika Spence 346-263-9658 (**Erika is on leave until April**), or contact Erika's back up: Mary Kinsey 936-443-2565 to arrange access.

Medical Bridges: they collect medical supplies locally. On their website, click the Get Involved link and then the donate supplies link. It provides you with various options. <https://www.medicalbridges.org/>

Friends of Ostomates USA: provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Their warehouse is located in Louisville, KY. A fun fact: Our very own Cindy Barefield, BSN, RN-BC, CWOCN is President of Friends of Ostomates! Please go to their website for details: <https://www.fowusa.org/>

Kindred Box: is dedicated to improving the lives of people with ostomies and they distribute donated ostomy supplies to support the care of uninsured and underinsured ostomates in America struggling with financial hardship. Go to <https://www.kindredbox.org/> and find out what ostomy products they can accept and to learn about their Postage Program which helps with your shipping expenses. The Kindred Box is located at 4653 Nall Rd., Suite F12, Farmers Branch, TX 75244.

More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>



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Newsletter Advertising: *Please contact the President or Treasurer for advertising opportunities.*

Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown.

Dues of \$25.00 per year are payable to:
Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: (required) _____

Surgery Date: _____ Birth Date: _____ Sex: ☐ Male ☐ Female ☐ Other _____

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

In addition to English, I also speak the following language(s). Foreign language spoken: _____p

Why do we ask this? We have a patient visiting program and we are occasionally contacted by ostomates who are not fluent in English and we look to our membership to assist with communication.

Procedure or Relationship:

To help us complete our records, please answer the following.

Check all that apply.

- | | | |
|--------------------------------------------|----------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____p | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

☐ I would like to attend meetings with the (please circle one):

Central Group Baytown Group Northwest Group North Houston Group Sugar Land Group Woodlands Pediatric Group

I learned about the Ostomy Association from

- ☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$ _____ as a donation to support the association's mission of helping ostomates.

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
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LeeAnne, CeraPlus™ Product User

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